



Selfhelp | 85 YEARS OF CARING

# BIG SIX TOWERS 2022 NORC NEWS



3 <b>IN-PERSON CROCHET SUSPENDED</b>	4 <b>IN-PERSON MAH JONGG SUSPENDED</b>	5 Short Story 11:30 AM VIA ZOOM  VIRTUAL TOUR 1:30 VIA ZOOM	6 NORC NURSE: call for Appt  NUTRITION 11:00 AM VIA ZOOM	7 CHAIR EXERCISES w/LATIN RHYTHM 11:00 AM via Zoom  BRAIN GAMES 1:00 PM VIA ZOOM
10 <i>Advisory Council</i> 11:00 via Zoom <b>IN-PERSON CROCHET SUSPENDED</b>	11 <b>IN-PERSON MAH JONGG SUSPENDED</b>	12 Short Story 11:30 AM VIA ZOOM  VIRTUAL TOUR 1:30 VIA ZOOM	13 NORC NURSE: call for Appt  NUTRITION 11:00 AM VIA ZOOM	14 CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM
17 <b>MLK BIRTHDAY</b>  <b>NORC CLOSED</b>	18 <b>MAH JONGG</b> 2:30 PM Bldg 2, Comm Rm 	19 Short Story 11:30 AM VIA ZOOM  MOVIE: SELMA 2:30-4:30 Bldg 2	20 NORC NURSE: call for Appt.  NUTRITION 11:00 AM Building 2	21 CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM
24 TRIVIA 11:00 AM Bldg 2 Community Room <b>CROCHET/KNITTING</b> 1:00 PM, Bldg. 2 Community Room	25 <b>MAH JONGG</b> 2:30 PM Bldg 2 Comm Rm 	26 HEALTH CHAT 11:00 am Bldg 2  Hispanic Outreach 2:00 p.m. Bldg 2 Community Rm	27 NORC NURSE: call for Appt.  NUTRITION 11:00 AM Building 2	28 CHAIR EXERCISES 11:00 AM VIA ZOOM  BRAIN GAMES 1:00 PM VIA ZOOM
31 <b>CROCHET/KNITTING</b> 1:00 PM, Bldg 2 Community Room 	Happy last day of January. Only 48 days until Spring! 			
LOCATION KEY: INPERSON ACTIVITIES: BUILDING 2 COMMUNITY ROOM. REMOTE ACTIVITIES VIA ZOOM. CALL 718 -565-6569 FOR MORE INFORMATION				

zoom



We will continue to offer some NORC services and activities over the phone or via ZOOM while also continuing some in-person activities following safety protocols. Below are Meeting Numbers and Passcodes you will need. You can always speak to one of our staff members (call 718-565-6569) if you have any questions or need help in learning how to use ZOOM.

ACTIVITY/MEETING MEETING ID:

<https://selfhelp.zoom.us/j/5690090379>

Passcode: 4812

SHORT STORIES 569 009 0379

BRAIN GAMES 569 009 0379

<https://selfhelp.zoom.us/j/6950528675>

Passcode 914515

VIRTUAL TOURS 695 052 8675

SPECIAL PRESENTATIONS 695 052 8675

HEALTH CHATS 695 052 8675

ADVISORY COUNCIL 695 052 8675

CHAIR EXERCISES 695 052 8675

NUTRITION 695 052 8675

To access Zoom by phone,  
call 1-646-876-9923.

**MESSAGE FROM THE DIRECTOR**  
*Theodora (Dora) Ziongas, M.A.*

**HAPPY NEW YEAR!!**

*We hope everyone living and working in Big 6 Towers has a happy, healthy and productive new year.*

*Just as we were expanding our inperson activities, the Omicron variant of COVID-19 sent the number of cases increasing dramatically. This necessitated suspending all of our in-person activities and services again until further notice. We will continue to provide NORC services remotely. We will resume inperson activities once the situation permits.*

**Safety is our Priority!!!!**  
*Call 718-365-6569 for more information and services.*

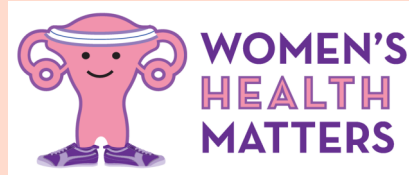
**BIG SIX NORC OFFICE:**

61-10 Queens Blvd., Cellar Level, Woodside, NY, 11377/ 718-565-6569



**NURSE VANESSA'S CORNER**

**HEALTH CHAT (IN PERSON  
If Circumstances Allow. Please call  
718-565-6569 to confirm)  
JANUARY 26th, 2021 @ 11:00 AM  
WOMEN'S HEALTH**



*Join us for a presentation by  
our NORC Nurse,  
Vanessa Kochupaul, R.N.  
Building 2, Community Room  
Followed by Blood Pressure  
Screening  
PREREGISTRATION AND  
MASKS REQUIRED*

**NORC SOCIAL WORK SERVICES**

*Are you 60 years and older and  
reside in Big 6 Towers?  
You may qualify for services our  
NORC offers including:  
Subsidized Housekeeping  
Subsidized Medical Transportation  
Subsidized Personal Emergency  
Response Systems (PERS)  
Our experienced social workers  
may also be able to help you apply  
for important benefits including  
SCRIE, STAR and SCHIE, all of  
which assist you with your housing  
costs, if you qualify.  
They may be able to help you apply  
for social and health benefits.  
Call our office at 718-565-6569.  
We will assess your needs and what  
resources are available. Services  
are free; We respect your privacy.*

**NORC HOUSEKEEPING  
SERVICES WILL RESUME**

*Are you a resident of Big 6  
Towers, 60 years and older  
and need some  
help with light  
housekeeping  
and/or shopping?*

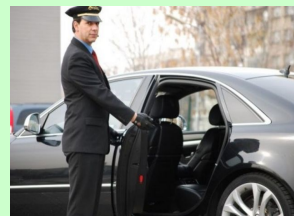


*We will offer par-  
tially subsidized  
services for those  
who qualify and  
once we are back onsite.*

*Call our office at 718-565-  
6569 and speak to one of our  
social workers.*

**MEDICAL TRANSPORTATION  
SERVICES AVAILABLE**

*Do you need  
transportation to  
your medical  
appointments?*



*Call the NORC  
office at 718-565-6569. We  
can arrange a partially subsi-  
dized car service for you.*



*In honor of Martin Luther  
King Day, we plan to show  
the movie SELMA on Wed.  
January 19th at 2:30 p.m.  
in Comm. Rm of Building 2.  
Call 718-565-6569 for  
updated information and  
to preregister.*

**TRAVEL AROUND THE WORLD  
WITH US**

*from the comfort of your homes.  
WED., Jan. 5th, 2021  
at 1:30 P.M.  
NIAGARA FALLS*



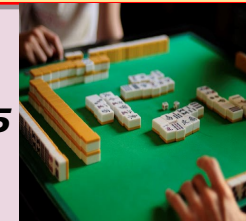
*WED., Jan. 12th, 2021,  
1:30 P.M.  
WASHINGTON, D.C.*



*Via ZOOM Meeting ID:  
695 052 8675; passcode 914515*

**MAH JONGG**

*Suspended until further  
notice Please call 718-565-  
6569 for updated infor-  
mation*



**CROCHET/KNITTING GET-TOGETHER**

*Suspended until further notice.*



*Please call 718-565-  
6569 for updated  
information*

*JOIN US EVERY THURSDAY at 11:00 AM  
NUTRITION AND HEALTHY  
COOKING CLASSES  
with ANNA DIMAGGIO*



**VIA ZOOM UNTIL FURTHER  
NOTICE**

*Via ZOOM Meeting ID:  
695 052 8675; passcode 914515  
Please call 718-565-6569 for  
updated information on resump-  
tion of in-person sessions.*

**IN PERSON NORC  
ACTIVITIES SUSPENDED  
UNTIL FURTHER NOTICE**

*With the rise in COVID  
cases due to the Omicron  
variant, we have had to  
suspend all in-person activ-  
ities and services. Staff  
will continue to serve you  
remotely.*

*At the time of printing this  
newsletter, we hope to  
return in late January and  
have listed in-person activ-  
ities on the calendar for the  
last weeks of January.*

**THIS MAY CHANGE if  
COVID CASES CONTINUE  
TO REMAIN HIGH**

**SINCE PREREGISTRATION IS  
REQUIRED FOR ALL INPERSON  
ACTIVITIES, please call the  
NORC Office at 718-565-6569  
for more up-to-date infor-  
mation and to preregister if we  
do resume in-person activities.**